



FY22 WELLNESS PROGRAM—REMINDER!

If you enrolled in a Cigna medical plan in FY22, make sure you complete the wellness steps to save money on your medical premiums!

Employees and their spouses/LDAs insured under the Cigna medical plan can qualify for reduced medical plan premiums by completing the wellness steps outlined below. You and your covered spouse/LDA must complete the following within the specified time frame in order to qualify (note: children enrolled in the plan are not required to complete these steps):

- **Step one:** Obtain an annual physical (completed between July 1, 2021 and October 31, 2021)
- **Step two:** Obtain the below at your annual physical and use the data to complete the online Health Assessment on MyCigna. Please include the date you completed your annual physical or biometric screening.
 - Height
 - Weight
 - Body mass index
 - Blood pressure
 - Blood sugar (glucose)
 - Blood cholesterol

When is the deadline to complete the wellness steps?

- **Current employees who enrolled during Open Enrollment:** Your annual physical must have been completed between July 1, 2021 and October 31, 2021. With your physical completed, register or log on to myCigna.com and complete the wellness program steps as outlined below by October 31, 2021.
- **New hires:** Your annual physical must have been completed within the last eight months or within 120 days of eligibility. If you do not complete the requirements by the deadline, the “non-wellness” rates will go into effect on the first of the fifth month following date of hire.

Completing your wellness steps on myCigna.com

Achieving your wellness steps just got easier! Simply obtain the information stated previously at your annual physical and use the data to complete the online Health Assessment on the myCigna.com portal. Once you have registered on myCigna.com, click the Wellness tab to complete your wellness steps, as shown below:

1. Log on to MyCigna.com
2. Click on “Wellness”
3. Click on “Wellness and Incentives”
4. Choose “Start Earning Awards” at the bottom on the page
5. Choose “Complete my Health Assessment” **and** “Report my goal activity” and enter the date of your Annual Physical

Instructions on how to access the myCigna website can also be found online at www.loyola.edu/departments/hr/benefits. If you have questions or need assistance please contact PSA Benefits Customer Service at 1-877-716-6618 or the benefits and wellness unit at x 1365 or x 1368.



NEW BenefitsApp Resource!

Access your employee benefits anytime, anywhere! Download the Loyola University Mobile Benefits App Now! You can access your complete benefit guide, as well as:

- Plan information
- Important phone numbers
- Benefit summaries
- Wellness resources

Search the App Stores for BenefitsApp or with your phone, go to www.benefitsapp.com/download or scan the QR code. You will be directed to a BenefitsApp landing page where you may download the app to your Apple or Google device.

Company Code: Loyola

Member ID: Your last name and last four digits of your Social Security Number



Got a benefits question? [Chat with ALEX](#) alex

Chat with ALEX!

Your ALEX homepage has a new chat feature that can help you get instant answers when you need specific details about your benefits, but don't want to go sifting through a pile of plan documents. Ready to give it a try? Visit www.myalex.com/loyolauniversitymaryland

Here are some common benefits questions to get you started:

- What's my deductible?
- Does my vision plan pay for contact lenses?
- How do I find an in-network doctor?